

## CLAIMS

I claim:

1. A method of simultaneously providing an effective massage and a therapeutic hot or cold treatment to an underside surface of a human foot comprising the steps of:

a) simultaneously contacting a freestanding ball with both the underside surface of the foot and a rigid surface; and

b) moving said foot while maintaining sufficient pressure between said ball and said underside of the foot so as to roll said ball against both said rigid surface and said underside of the foot for a time sufficient to administer said effective massage,

wherein said ball is between 1.5 and 2 inches in diameter, said ball weighs between 6 and 24 ounces, said ball does not deform during said massage, and said ball is sufficiently cold or sufficiently warm to provide the user with therapeutic cold or warmth during the course of an effective massage.

2. The method according to claim 1, wherein said ball is made of a material which:

a) when submerged in hot water having a temperature of about 115°F for one minute immediately prior to initiation of said massage will provide therapeutic warmth for at least three minutes during said massage at an air temperature of between 65°F and 75°F;

b) when submerged in cold water having a temperature of about 55°F for one minute immediately prior to initiation of said massage will provide therapeutic cold for at least three minutes during said massage at an air temperature of between 65°F and 75°F.

3. The method according to claim 2, wherein said therapeutic warmth is provided by a ball maintaining a surface temperature of at least 95°F; and wherein said therapeutic cold is provided by a ball maintaining a surface temperature of not greater than 70°F.

4. The method according to claim 2, wherein said ball is solid and has a smooth surface.

5. The method according to claim 4, wherein said ball is about 1.75 inches in diameter and weighs between about 12 and about 14 ounces.

6. The method according to claim 5, wherein said ball is composed of a material selected from Chrome Steel, Chrome Steel 52100, 302 Stainless Steel, 304 Stainless Steel, 316 Stainless Steel, 316L Stainless Steel, 440 Stainless Steel or 420 Stainless Steel.

7. The method according to claim 6, wherein said ball is composed of Chrome Steel 52100 or 420 stainless steel.

8. The method according to claim 6, wherein said ball is magnetized.

9. A massage ball kit comprising a single, individually packaged ball having a diameter of between 1.5 and 2 inches, a weight of between 6 and 24 ounces, and being made of a material which:

a) when submerged in hot water having a temperature of about 115°F for one minute immediately prior to initiation of a massage will provide therapeutic warmth for at least three minutes during said massage at an air temperature of between 65°F and 75°F;

b) when submerged in cold water having a temperature of about 55°F for one minute immediately prior to initiation of said massage will provide therapeutic cold for at least three minutes during said massage at an air temperature of between 65°F and 75°F; and

c) does not deform during said massage,

wherein said massage comprises simultaneously contacting said ball with both the underside surface of a foot and a rigid surface; and moving said foot while maintaining sufficient pressure between said ball and said underside of the foot so as to roll said ball against both said rigid surface and said underside of the foot for a time sufficient to

administer said massage; and  
instructions for using said ball to massage an underside of a human foot.

10. The massage ball kit according to claim 9, wherein said therapeutic warmth is provided by a ball maintaining a surface temperature of at least 95°F; and wherein said therapeutic cold is provided by a ball maintaining a surface temperature of not greater than 70°F.

11. The massage ball kit according to claim 9, wherein said ball is solid.

12. The massage ball kit according to claim 11, wherein said ball is about 1.75 inches in diameter and weighs between about 12 and about 14 ounces.

13. The massage ball kit according to claim 12, wherein said ball is composed of a material selected from Chrome Steel, Chrome Steel 52100, 302 Stainless Steel, 304 Stainless Steel, 316 Stainless Steel, 316L Stainless Steel, 440 Stainless Steel or 420 Stainless Steel.

14. The massage ball kit according to claim 13, wherein said ball is composed of Chrome Steel 52100 or 420 Stainless Steel.

15. The massage ball kit according to claim 13, wherein said ball is magnetized.

16. The massage ball kit according to any one of claims 9, or 11 to 15, additionally comprising a device for heating and/or cooling said ball.

17. The massage ball kit according to any one of claims 9, or 11 to 15, additionally comprising a mat having at least one non-skid surface.

18. The massage ball kit according to claim 15, additionally comprising a mat having magnetic properties.

19. The massage ball kit according to any one of claims 9, or 11 to 15, additionally comprising a storage device for said ball.

20. The massage ball kit according to claim 15, additionally comprising a storage device having magnetic properties.